

## Sleep Review

- One important part of your treatment will be continuing to keep sleep logs so we can see together if your sleep is responding as we would expect it to with treatment.
- To calculate **Time in Bed** for each day:
  - A. Compute the minutes between #1's time and #7's time
    - From sample: 10:15pm to 7:20am = 9 hours, 5 minutes = **545 minutes**
- To calculate **Total Wake Time** for each day:
  - A. Add the minutes for #3 and #5
    - From sample:  $75 + 70 =$  **145 minutes**
  - B. Compute the minutes between #1's time and #2's time
    - From sample: 10:15 to 11:30pm = **75 minutes**
  - C. Compute the minutes between #6's time and #7's time
    - From sample: 6:35 to 7:20am = **45 minutes**
  - D. Add up minutes from A, B, and C
    - $145 + 75 + 45 =$  **265 minutes**
- To calculate **Total Sleep Time** for each day:
  - Subtract **Total Wake Time** from **Time in Bed**
    - From sample:  $545 - 265 =$  **280 minutes**
- To calculate **Sleep Efficiency** for each day:
  - Divide **Total Sleep Time** by **Time in Bed** and multiply by 100
    - From sample:  $230/545 =$  **51%**
- Once you have calculated the above for each day on the worksheet, add up all values for the week and divide by the number of total days you logged.

	<b>Time In Bed</b>	<b>-Total Wake Time</b>	<b>=Total Sleep Time</b>	<b>Sleep Efficiency: Total Sleep Time/Time in Bed X 100</b>
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				
Day 8				
Day 9				
Day 10				
Day 11				
Day 12				
Day 13				
Day 14				
<b>Averages</b>	Don't compute average time in bed.			